

UNIT 3: KEEPING FIT

1. Do you think young people are more or less fit than 50 years ago? (Why? / Why not?)

glued reckon sedentary toll

→ To be honest, I (1) _____ young people today are generally less fit than half a century ago because many of them lead a (2) _____ lifestyle, (3) _____ to their screens for hours **on end**, which takes a (4) _____ on their physical health.

couch-potato fingertips generations well-being

→ Frankly, I'd say young people nowadays are not as fit as previous (1) _____. With technology at their (2) _____, many have fallen into the trap of a (3) _____ lifestyle, which inevitably chips away at their physical (4) _____.

compensate for contributing to dietary habits distractions dramatic shift
fitness gym culture on screens physically sedentary routine

→ In my opinion, young people today are generally less (1) _____ fit than those of 50 years ago. This is largely due to the (2) _____ in lifestyle and technological advancement. Half a century ago, daily life was far more physically demanding. Young people walked or cycled more often, participated in outdoor activities, and had fewer sedentary (3) _____. In contrast, modern youth spend a significant portion of their time (4) _____—whether it's for school, entertainment, or social interaction—which has led to a more (5) _____.

Moreover, the (6) _____ of today's generation have changed considerably. Fast food and processed snacks are far more accessible and affordable than before, (7) _____ issues like obesity and poor cardiovascular health. Although (8) _____ and fitness awareness have grown, they don't always (9) _____ the broader decline in everyday physical activity. So, while some individuals are extremely health-conscious, I believe that, on average, the level of physical (10) _____ among young people has declined over the past five decades.

2. In what way is your diet different from when you were a young child?

healthiest choice home-cooked packed with quick bites

→ Back in the day, my diet was straightforward — mostly (1) _____ meals were (2) _____ fresh produce. Nowadays, I tend to grab (3) _____ and convenience food far more often, which isn't always the (4) _____.

desired home-cooked nutrition on the fly takeaways

→ When I was little, my meals were mostly (1) _____ and full of wholesome ingredients. These days, I often find myself grabbing (2) _____ or eating (3) _____, which leaves much to be (4) _____ in terms of (5) _____.

balanced diet	compared to	experiment with
health-conscious	indulgent	paid attention to

→ When I think about my diet now (1) _____ when I was a child, it's quite different. As a kid, I mostly ate what my parents gave me, which often included sugary snacks, fast food, and very few vegetables. I rarely (2) _____ whether the food was healthy.

Now, I'm much more careful about what I eat. I try to have a (3) _____ with plenty of fruits, vegetables, and lean proteins, and I avoid too much sugar or junk food. I also cook at home more often, which helps me eat healthier and (4) _____ different foods. So, overall, my diet has shifted from being quite (5) _____ as a child to being much more (6) _____ today.

3. What changes do you think will occur in our diet in the future?

aware of	major shift	on their plate	plant-based
----------	-------------	----------------	-------------

→ **Looking ahead**, I think we'll see a (1) _____ towards more sustainable and (2) _____ diets, as people become increasingly health-conscious and (3) _____ the environmental footprint of **what's (4) _____**.

hazard	one-size-fits-all	personalized	tailor
--------	-------------------	--------------	--------

→ *If I had to (1) _____ a guess, I'd say we're heading towards more (2) _____ nutrition, where people will (3) _____ their meals to their DNA or health goals. The days of (4) _____ diets might soon be a **thing of the past**.*

customized to	health awareness	lab-grown	long-term
personalized diets	science advances	sustainable	tailored to

→ I think our diets will change a lot in the future, mainly because of (1) _____ and environmental concerns. People will probably eat more plant-based or (2) _____ foods, which are more (3) _____ and better for the planet. At the same time, unhealthy fast foods might become less popular as nutrition (4) _____ and people focus on (5) _____ health. Another big change could be (6) _____. With technology like AI and wearable devices, we might get meal plans (7) _____ our genes, lifestyle, and health goals. Overall, I imagine future diets will be healthier, more sustainable, and very (8) _____ individual needs.